

ITALIAN HAM & BEEF ROLL
MACROS: MAKES 8 SERVINGS.
MACROS PER SERVING: 306 CALS 32 P 11 C 14 F



THRIVE

SURVIVE

Book Club

INGREDIENTS

- ½ tbl extra virgin olive oil
- 1 bell pepper, diced
- 1 small red onion, diced
- 2 tsp minced garlic
- 2 lb lean ground beef
- ½ cup shredded parmesan
- 3 egg tbl liquid egg whites
- 1 large egg
- ¼ cup marinara sauce (I used Primal Tomato Basil)
- 4 oz deli ham
- 1 cup shredded mozzarella
- 1 envelope italian seasoning
- 2 servings keebler crackers, crushed
- Salt & Pepper to taste
- 2 tbl parsley

METHOD

1. Preheat your oven to 350 degrees.
2. In a large skillet, heat the olive oil. Add the onions, pepper and garlic. Sautee until onions start to become translucent.
3. In a large mixing bowl add the remaining ingredients (Minus the ham and shredded mozzarella) as well as the cooled sauteed veggies. Mix by hand until all is well incorporated.
4. On a large piece of parchment paper, pile the meat mix in the middle and spread into a large rectangle (about the size of a small cookie sheet).
5. Layer the ham and shredded mozzarella on the beef mix.
6. Use the edge of the parchment paper to help you roll the meat mixture up and press to seal the edge.
7. Carefully transfer your ham & beef roll to a parchment paper lined cookie sheet, seam side down (you may need to use a spatula to transfer it).
8. Bake for 1 hour. Let rest for 10 minutes or so after removing from the oven. Slice into 8 even slices.

PROTEIN PB SHEET CAKE

MACROS: MAKES 12 SERVINGS. MACROS PER SERVING: 162 CALS 11 P 38 C 2 F

INGREDIENTS

Cake:

- 1.5 scoops vanilla ice cream level-1
- 1 tsp baking soda
- .5 tsp salt
- ¾ cup + 1 tsp truvia sugar replacement
- 1 cup Kodiak dry mix
- 1 cup unsweetened applesauce
- 1 cup water
- ½ cup PB2 powder
- ½ cup milk
- 1 tsp vanilla extract
- 1 egg
- 3 tbl egg whites

Glaze:

- ½ cup unsweetened applesauce
- ¼ cup PB2 powder
- ¼ cup milk
- ¾ cup confectioners truvia
- ½ scoop vanilla ice cream level-1
- 3 tbl honey

METHOD

1. Preheat the oven to 350 degrees and prepare and large cookie sheet lined in foil. Lightly spray the foil with nonstick spray.
2. Whisk together all dry cake ingredients. Add applesauce, water, milk and vanilla. Mix well. Add egg and whites. Mix until well incorporated.
3. Pour mixture evenly over the prepared pan and bake for about 15-20 minutes or until a toothpick comes out clean.
4. While the cake is finishing up cooking, mix together all glaze ingredients in a small bowl until well mixed. Pour mixture over the hot cake and allow to cool completely before slicing into 12 large squares.